



Fuyu Persimmons





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SHOPPER'S TIPS

- Look for bright orange and red-colored Fuyu persimmons with smooth skins. Ripe Fuyus should be firm.
- Avoid Fuyu persimmons that are bruised and have no stem leaves.

FUN FACTS!

- There are two types of persimmons. Fuyu persimmons are pumpkin shaped, sweet, and can be eaten raw. Hachiya persimmons are acorn shaped, tart, and are usually cooked before they are eaten.
- Nearly all (99%) of the United States' persimmons are grown in California.

WHAT IS IN IT FOR YOU?

One medium persimmon is:

- An excellent source of vitamin A, vitamin C, and fiber.

SERVING IDEAS

- Replace the tomatoes in your favorite salsa recipe with chopped Fuyu persimmons for a sweet salsa snack.
- Add Fuyu slices to spinach salads and stir-fries.

PEAK SEASON

California grown varieties, available from mid-fall to early winter, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Store ripe Fuyu persimmons at room temperature for up to three weeks. Keep in the refrigerator for up to two months.